

Blackened Chicken Alfredo

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	13.96 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1	0 lb 3.25 oz		0%	0 lb 3.25 oz	<u>Blackening Seasoning</u>
	5 lb 0.00 oz		0%	5.00 lb	Hungry Planet Chicken™

In a bowl, toss the chicken strips/pieces with 2 Tbsp of vegetable oil. Add the blackening seasoning and toss to coat completely in the seasoning. Heat a heavy bottomed or cast iron skillet over high heat until smoking. Do not add any oil. Carefully place the seasoned chicken into the hot pan and sear until one side is blackened, 1-2 minutes. Turn the pieces and blacken the other side. Transfer to a bowl and set aside.

1.1.1 SUB-RECIPE: BLACKENING SEASONING

	Capacity measure	EP	Trim loss	AP	Name of ingredient
	2 1/2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Spices, garlic, granulated
	2 1/2 tbsp	0 lb 0.61 oz	0%	0 lb 0.61 oz	Spices, black pepper, ground
	1 1/4 tbsp	0 lb 0.38 oz	0%	0 lb 0.38 oz	Salt, kosher, Diamond Crystal
	1 2/3 tbsp	0 lb 0.36 oz	0%	0 lb 0.36 oz	Spices, cumin, ground
	1 2/3 tbsp	0 lb 0.39 oz	0%	0 lb 0.39 oz	Spices, onion powder
	2 1/2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Spices, pepper, red or cayenne
	2 1/2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Spices, oregano, dried
	2 1/2 tsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Spices, paprika, smoked
	1 1/4 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Spices, chili powder

In a small bowl, combine all of the spices for the blackening seasoning.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	1 2/3 cup	0 lb 12.80 oz	0%	0 lb 12.80 oz	Olive oil, extra virgin
	~ 1/2 cup	0 lb 2.40 oz	0%	0 lb 2.40 oz	Garlic, raw, chopped
	2 1/2 cup	1 lb 4.74 oz	0%	1 lb 4.74 oz	Alcoholic beverage, wine, table, white
	1.596 gal	7 lb 8.00 oz	0%	7 lb 8.00 oz	Cauliflower, raw, 1" florets
	283.5 ea	0 lb 10.00 oz	0%	0 lb 10.00 oz	Sun dried tomatoes, halved <i>Canned, preserved in oil</i>
	10 tsp	0 lb 0.98 oz	0%	0 lb 0.98 oz	Salt, kosher, Diamond Crystal
		0.00 lb	0%	0.00 lb	Spices, black pepper, ground <i>To taste</i>

In a large pot, heat 3 Tbsp olive oil until shimmering over medium heat. Add the garlic and saute until fragrant but not browned. Add the wine, 3 cups water, the sun dried tomatoes, salt, a few cracks of black pepper, and the cauliflower florets. Bring to a boil, reduce the heat to low, cover, and simmer until the cauliflower is very tender, 15-20 minutes.

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Use a hand blender to puree the cauliflower mixture into a very smooth sauce. Alternatively, use a high-powered blender or food processor to puree the sauce. (Be careful when blending hot liquids-- the steam pressure can blow the lid off your blender. To allow venting, cover the vent in your blender lid with a thin kitchen towel.).

	Capacity measure	EP	Trim loss	AP	Name of ingredient
4		5 lb 0.00 oz	0%	5.00 lb	Pasta, dry, enriched

Cook pasta until al dente. Drain, reserving 1 cup of the pasta water.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
5	~ 2 pt	0 lb 12.50 oz	0%	0 lb 12.50 oz	Vegan parmesan, dry, grated

In a small bowl, mix ½ cup of the reserved pasta water with the vegan parmesan cheese (or nutritional yeast) and the remaining 2 Tbsp olive oil. Stir to combine and then add to the cauliflower sauce. Pulse with the hand blender (or upright blender/food processor) until smooth.

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Transfer the pasta to a large pot or pan. Add the cauliflower alfredo sauce and toss gently to combine. If the consistency is too thick, add the reserved pasta water, ¼ cup at a time, until the sauce is smooth, creamy, and just coats the noodles.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
7	1 1/4 pt	0 lb 6.26 oz	0%	0 lb 6.26 oz	Green onions, tops only, chopped

Serve the pasta with the blackened chicken and sliced green onion.

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	21 lb 12.93 oz	0 %	21 lb 12.93 oz	0 %	21 lb 12.93 oz
Size of portion	13.96 oz		13.96 oz		13.96 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals		
Total fat	5.71 g	28.21 %	179.08 kcal	Salt	0.74 g	
Saturated	1.21 g	6.00 %	749.30 kJ	Salt	0.74 %	Vitamins
Monounsaturated	2.76 g	13.63 %	0.75 MJ	Sodium	294.32 mg	Vitamin A
Polyunsaturated	0.58 g	2.85 %		Phosphorus	74.01 mg	Vitamin D
Trans	0.00 g	0.00 %		Potassium	336.96 mg	Thiamine
Cholesterol	0.00 mg			Iron	1.75 mg	Riboflavin
Linolenic acid	0.54 g			Calcium	31.94 mg	Niacin
Alpha-linolenic acid	12.06 mg			Zinc	0.52 mg	Vitamin B6
Total Carbohydrate	23.91 g	54.24 %		Magnesium	25.28 mg	Vitamin B12
Sugars	2.51 g	-0.34 %		Iodine	0.00 µg	Folate
Sugar	0.00 g			Selenium	15.08 µg	Vitamin C
Lactose	0.00 g			Copper	0.13 mg	Vitamin E
Fiber	2.59 g	2.77 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	14.32 g	32.48 %				Water
Protein	7.69 g	17.44 %				41.65 g
Alcohol	0.61 g	2.37 %				